SANDOW'S MAGAZINE.
Thursday, Oct. 26th, 1905

SANDOW'S

Weekly

Magazine

OF . . .

PHYSICAL CULTURE & SPORT.

VOL. XV (New Series). October 26, 1905. No. 121.

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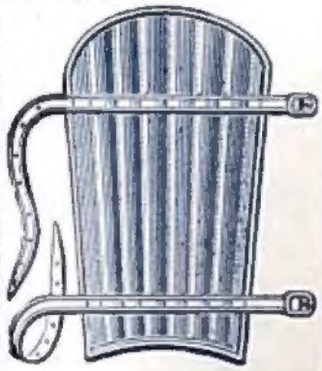

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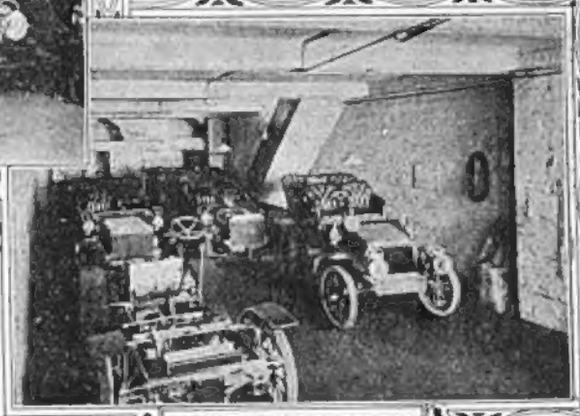

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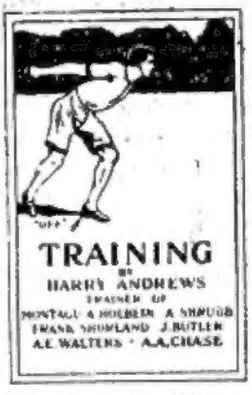

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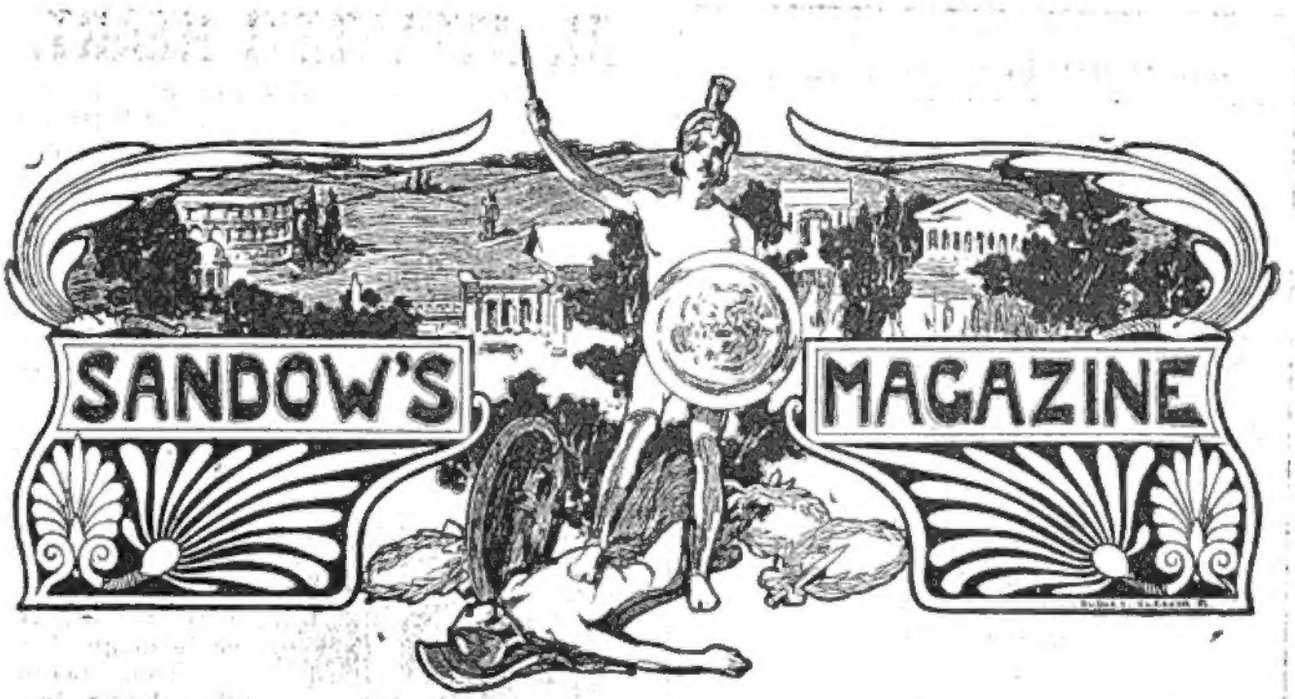

Vol. XV. (New Series). OCTOBER 26TH, 1905. No. 121.

Physical Culture.—
Strongholds of Development.

By EUGEN SANDOW.

QUITE recently I received a visit from a representative of *Tit-Bits*, who expressed a desire to know which portion of the British Isles produced the strongest men, a point which requires very careful consideration and a difficult one to decide. I pointed out to my visitor that the term "strong" was wrongly applied, and was calculated to give a wrong impression, a better expression being "best developed," and, under that head, I consider that such men are to be found in all parts of the country. There is ample proof that my contention is the correct one by referring to the results of my recent competitions. Prize-winners come from east, south, north, and west. Undoubtedly, well-developed men are produced in every part of the country, but their development is brought about by different means, according to where they live and the labour they are engaged upon.

A man, for instance, who does a lot of muscular work indoors may be no better developed than another who uses his muscles much less, but leads an entirely open-air life. This is particularly noticeable when one contrasts the workers in some of the Yorkshire and North-country towns, whose lives are spent in iron

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foundries and so on, where they have a great deal of heavy work to do, with the agricultural labourers from such counties as Essex, Sussex, and Surrey. The latter, although they do none of that muscular work which is part and parcel of the former's life, may be just as fine specimens of humanity, owing to the ideal conditions under which their work is performed. Nothing is more essential to proper physical development than plenty of open air.

Some people have an idea that the strongest men are to be found in those districts where most heavy work is done. They think that if a man is forced to do hard, muscular work hour after hour and day after day, he is bound to become well developed. But although hard labour is good up to a certain point, yet when once that point is passed it tends towards deterioration.

Take the case of miners. They remain below ground for many hours, engaged upon hard work all the time. It is seldom, however, that one finds a miner who is at all well developed. This is because, in the first place, they are obliged to overwork those muscles which the nature of their task brings into play; while, in the second place, they have to exist in an unhealthy atmosphere. Few men are more readily attacked by disease than miners, and, if the health of a man is as unsatisfactory as this implies, it follows that he is not a suitable subject for physical development.

The towns in mining districts are thus put out of court in any search that is made for the best muscle-producing place.

In just the same way that too much work causes deterioration, too little work fails to bring the body to perfection. Mention has already been made of the healthy lives led by the workers in agricultural districts; but, while their out-of-door life is an ideal condition, yet the usual agricultural labourer does not exercise his muscles sufficiently to ever reach ideal development. Take the case of a man who is ploughing. He walks leisurely along behind his plough, which it often requires considerable strength to guide straight through rough ground, but while a few of his muscles thus become beautifully developed, the rest of his body "runs to seed," so to speak; and although he may be an exceedingly strong man, yet from the expert's point of view he comes nowhere near perfection.

No better illustration can be given of this one-sided development than the ordinary English athlete. England is a country of lop-sided sportsmen who develop one half of their body to the deterioration of the other half. The man who plays football becomes developed in a different way to the man who plays cricket, he differing again to the man who plays polo or goes in for hunting. It is only the all-round athlete who ever approaches perfection physically, and the most brilliant exception among the sportsmen in this country is probably to be found in the person of Mr. C. B. Fry, who is such an all-round man that he has become an exceptionally fine example of the first-rate physical development that may be brought about by properly applied athletics.

It is gentle exercise, which does not over-exert the muscles, that has the most beneficial effect upon the human frame. The man who knocks in tin-tacks with a light hammer will have far finer arms than he who wields a heavy sledge. I have seen some remarkable specimens among men whose daily work consisted in the delicate hammering of steel and other metals to prepare them for inlay. But in this case again only one part of the body becomes developed to perfection, so that such towns as Sheffield and Birmingham, where many of the inhabitants are engaged upon work of this description, must be left out of calculation.

Let us next examine the condition of things at some of the seaport towns of England. Equally with the agricultural labourer, the sailor and the dock labourer work under absolutely ideal conditions, for we all know and have experienced the health-giving properties of sea air. On the whole, sailors are strong, healthy men, but, although the pulling of ropes

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and the climbing of spars develop certain muscles very nicely, they do not produce a uniformly fine body, and many of a sailor's most important muscles are utterly undeveloped because they are never brought into play.

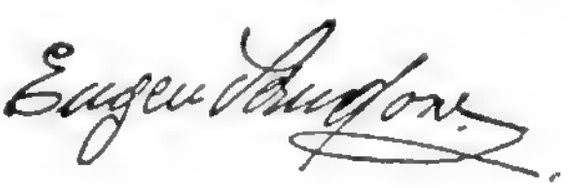
The dock labourer comes higher up in the scale because he has more general muscular exercise, but in this case he almost invariably has too much of it, and any man who goes home dead tired every night may be certain that he has little chance, so long as this state of things goes on, of becoming a perfect specimen of physical development.

Having disposed of the seaports, the agricultural districts, the mining districts, and those towns where the workers are engaged in foundries or light metal work, we find the field of inquiry gradually narrowing down. The cotton industry of Lancashire can be dismissed in a few words, for in the first place mostly women are employed, and in the second the work is of too sedentary a character to be of much service to physical culture, while, in addition, the atmosphere of a factory is hardly suited to muscle-producing, a remark which applies equally to numerous other districts in the country where similar industries prevail.

There is, however, one workman whose duties are of such a nature and are performed under such conditions, that he often reaches a standard of the very highest excellence as a specimen of true physical culture.

Strange as it may seem, finer specimens of physical development are to be found among the navvies than in any other walk of life. The navvy works all day in the open air, and his energies, when he shows any, are directed in all sorts of directions. In the course of his eight hours' work pretty well all his muscles are brought into play at one time or other. None of them are over-exerted—he takes good care of that—and the moment that any particular muscle is tired he rests awhile until the overseer inspects the piece of work he is engaged on. Unknowingly he is practising the very essence of physical culture, which consists in gently exercising every muscle without over-exerting it, and so building up all parts of the body evenly and little by little without unnecessary strain.

Navvies are the product of no one town, and it is impossible to decide on any particular place as England's strong depôt. There are strong men in the mines, strong men at our seaports, strong men on the farms, strong men in the cotton mills, strong men in the foundries, and strong men everywhere. The strength of each may be due to entirely different conditions, but there is little doubt that the greatest number of strong men will come from that town with the biggest population and where the most assorted set of conditions are to be found, and since London answers very accurately to this description, there is little doubt that ten better-developed men could be selected from the Metropolis than from any other single town in the country.



MUSCLE AND MORALITY.

"I call, therefore, a complete and generous education, that which fits a man to perform justly, skilfully, and magnanimously all the offices, both private and public, of peace and war." In some remarks on the physical training of lads in reformatory and industrial schools, Mr. J. G. Legge quotes this definition of education, which was written, not by a fire-eating colonel, but by John Milton, the Puritan of Puritans, in his famous Tract on Education. Dealing with the duty of training boys in drill, Mr. Legge adds: "Every year the subject of the physical training of the young receives more and more attention in this country; indeed, there is developing something like a passion for it, and with good reason, for it is not enough to consider merely intellectual training or even moral training; an effort must be made to safeguard health and improve physique. The study of the problem has opened people's eyes to the painful difference in the physique of children according to their class in society. The children of the well-to-do are bigger, stouter, and healthier far than the children of the poor. The conscience of the community is stirred and a resolute effort is being made to redress the balance." Experience leads school managers to believe that there is an intimate connection between muscle and morality, and "the earliest glimmer of reformation in the inmate of a reformatory school is detected when he is found to have developed a feeling of self-respect; and, secondly, that this feeling of self-respect is easiest aroused by inducing a boy to take a pride in his physical development." "A superintendent of long experience," Mr. Legge adds, "once stated that the moment he detected a boy feeling his biceps he considered that the boy was trustworthy. He was right in nine cases out of ten."

Reformatory and industrial schools have in the past been in the van of the movement, and are in the van to-day. Free gymnastics, by both boys and girls, are going on in every school, and the work in the majority of schools is good. In a large number of the boys' schools applied gymnastics are taken, and here the work is no less satisfactory than in free gymnastics. It is clearly recognised that the advantage of adding some applied gymnastics to free gymnastics is that while a well-considered scheme of the latter is very useful in promoting the harmonious development of all parts of the body, applied gymnastics give, in addition, the opportunity of developing nerve.

NEWCASTLE-ON-TYNE CULTURE

The first of a series of displays in connection with the above organisation since its revival took place at their headquarters, in the Working Men's Club, Gallowgate (near the Newcastle United football ground), on Wednesday evening, the 11th inst.

Proceedings commenced with a 9-st. open wrestling competition, catch-as-catch-can style, and after some exciting heats, J. St. Othard gained the final decision by defeating A. McCabe, thereby winning the gold-centred medal awarded by Mr. T. Carno, the well-known and capable weight-lifting instructor to the society.

WEST END PHYSICAL SOCIETY.

A weight-lifting match, decided on feats between J. Whitfield and J. Hogan, resulted in a victory for the latter.

R. Gifford and J. Hogan gave a scientific and interesting exhibition of weight-lifting, which was followed by a number of poses by W. Purvis, of South Shields, the well-known wrestler and weight-lifter, whose excellent development revealed to all present the benefits to be derived from a judicious course of physical training. A scientific exhibition of wrestling by the Bros. Curry brought a pleasant and successful evening to a close. Mr. Purvis officiated as referee throughout.

Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

XI.

PLATE LV describes one of my favourite double glides with four clubs. This exceedingly pretty evolution is so fully explained by the photographs that you need only take note of them carefully in order to be able to accomplish the movement.

Plate LVI is a side under cross for four clubs. To accomplish this correctly you must commence with windmill swings, then bring the two clubs in the right hand under the left arm, as shown in Figure 1 of the accompanying series.

Plate LVII shows a shoulder "bunch" combination, and is most effective when you are able to keep the clubs well together, as is so lucidly explained in the photographs.

In Plate LVIII we have a very graceful movement for four clubs, known as the elbow roll, which is made from an outward circle. It is most essential that you should be careful to pass the clubs over the elbow as illustrated.

A side over-arm "bunch" also with four clubs is shown in Plate LIX. The position given in No. 1 is the correct one to assume, when the over-arm movement is made. The direction of the clubs can be easily seen from the remaining pictures.

From the over-arm we go to the under-arm "bunch" with four clubs, which is depicted in Plate LX. This will be found an admirable change movement from the preceding series. You should swing the two clubs in the right hand under the left arm, then change to a front swing, and you will find that by making over-arm and under-arm movements alternately, you will have secured a most effective combination.

In Plate LXI a cross parallel movement with four clubs is very clearly shown. As will be seen, there are two parallel and two cross movements, which need no further description other than is given in the illustrations.

Plate LXII gives you alternate parallels and circles with four clubs, which will require a considerable amount of practice to accomplish successfully, from the fact that in one hand it is necessary to keep the two clubs fully extended,

whilst in the other the clubs are close together.

A head roll is shown in Plate LXIII, and, having assumed the position shown in No. 1 of the series, you will soon be able to accomplish the movement with a little practice. It is advisable to change to the straight arm extended

PLATE No. LV.

Photo. R. W. Paul.

DOUBLE GUIDE WITH FOUR CLUBS.

PLATE No. LVI.

Photo. R. W. Paul.

SIDE UNDER CROSS WITH FOUR CLUBS.

combination, shown in Plate XXXIV.

In Plate LXIV we have a back and front shoulder circle with four clubs. You will find it advisable to make each circle perfect before you attempt to perform them in conjunction.

(To be continued.)

PLATE No. LVII.

Photo. R. W. Paul.

SHOULDER BUNCH COMBINATION WITH FOUR CLUBS.

PLATE No. LVIII.

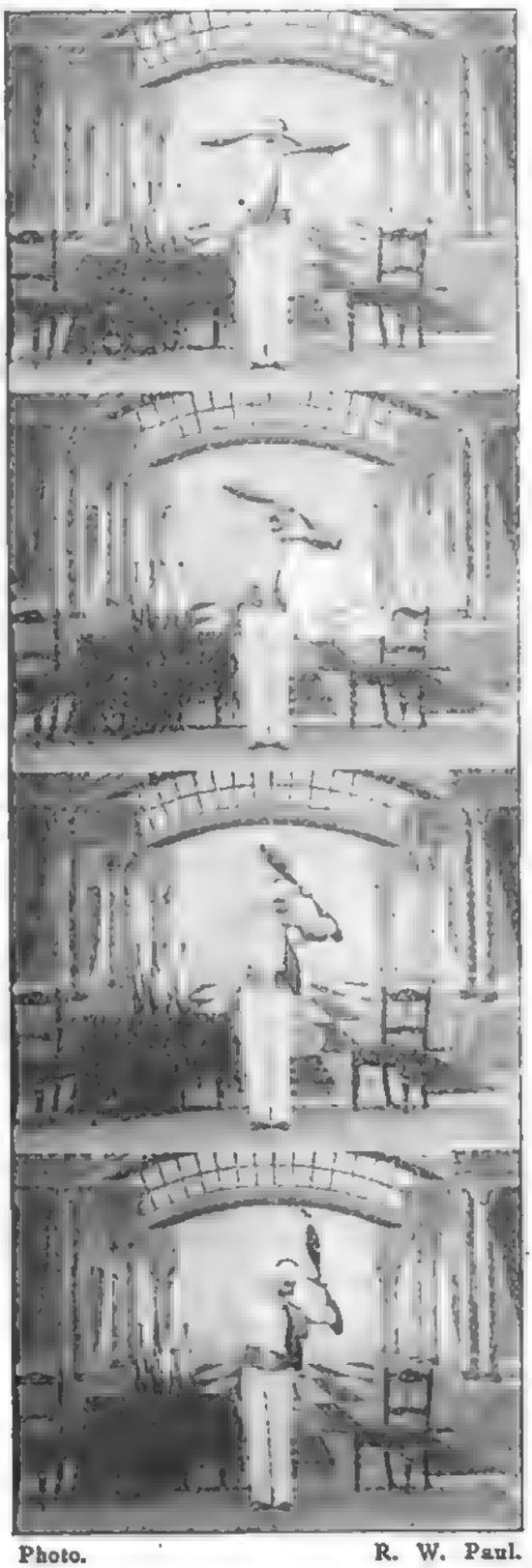


Photo. R. W. Paul.

ELBOW ROLL WITH FOUR CLUBS.

PLATE No. LIX.

Photo. R. W. Paul.

Side Over-arm Bunch with Four Clubs.

PLATE No. LX.

Photo R. W. Paul.

Side under-arm Bunch with Four Clubs.

PLATE No. LXI.

Photo. R. W. Paul.

CROSS-PARALLEL WITH FOUR CLUBS.

PLATE No. LXII.

Photo. R. W. Paul.

ALTERNATE PARALLEL CIRCLES WITH FOUR CLUBS.

PLATE No. LXIII.

Photo. R. W. Paul.

Head Roll with Four Clubs.

PLATE No. LXIV.

Photo. R. W. Paul.

Shoulder Circles with Four Clubs.

It is Mr. Burrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

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The Late Sir Henry Irving.

Not only the theatre-going public but the world at large is sadder and infinitely the poorer through the removal by death of Sir Henry Irving, at once the greatest of modern English actors. That abrupt ending at Bradford late on Friday night, October 12, so tragically sudden and so dramatic in its circumstances, has deeply stirred the hosts to whom the deceased was an example of splendid force and intellectual attainment as an actor and of lovableness as a man. Almost his last words, "I go to meet my King," followed by the final utterance of Becket—Irving's last words on the stage—"Through night to light. Into Thy hands, O God, into Thy hands," strike a note of deep pathos and yet seem but a fitting ending to a great career. From far and near expressions of sorrow have been made, and the scene at Westminster Abbey, where the cremated remains of the great actor were placed in their last resting place on Friday last, was impressive in the extreme. Sir Henry was a great believer in physical culture for the actor and actress, and it will be remembered that he was amongst the first to applaud Mr. Sandow's efforts in the Magazine last year, to raise the physical standard of the theatrical profession.

Some Historical Cases of Longevity.

By G. E. MORGAN.

* * *

IN view of the apparent change which has of late years come over the medical mind in regard to the question of longevity, it may be of interest to review some of those cases in which human life is said to have extended far beyond the century mark and, in some cases, to have covered a period more than double the three score and ten years allotted by the Psalmist. That medical opinion on the subject has undergone a considerable change during recent years may be easily seen from a comparison of the recent utterances of Sir James Crichton-Browne and other eminent authorities with those of their compeers of half a century ago. At that time, it was the custom in scientific circles to view every case of alleged centenarianism with the utmost suspicion and with a prejudice quite incompatible with the cause of genuine research. But, in spite of the effort then made by so-called authorities to give the lie to every case of longevity which did not savour of the normal, the overwhelming evidence which has since appeared in proof of the possibility of human life being extended beyond the century mark has at last even affected so prejudiced a body as the medical profession, with the result that a renewed interest is being taken in those cases of centenarianism which, though at one time had attained an historical fame, had since been, through the criticism of science (?), partly consigned to the realm of romance.

Of the numerous cases of extreme longevity which are recorded in the pages of history, the one which is perhaps most familiar to English ears is that of Thomas (or, as he is more popularly termed Old) Parr. This extraordinary man, whose Salopian origin has always been the pride of Shrewsbury, is said to have been born in 1483, and to have suffered during his youth from a terrible disease which, however, according to tradition, eventually yielded to the curative properties of herbs. But whether this be so or not, the duration of Parr's life does not seem to have suffered in consequence, as he is said to have attained the marvellous age of 152, a fact which finds record in Westminster Abbey, where a tablet remains to his memory. Although history accords him a life of gay bachelorhood for a portion of his career, which would more than cover the lifetime of the average individual, he is said to have latterly made up for his previous neglect by twice entering the bonds of matrimony, the second ceremony being performed when he had reached the not inconsiderable age of 120. During the last year of his life he was brought to the notice of the Earl of Arundel, who happened to be visiting his Shropshire estate. So impressed was the Earl with Parr's extraordinary age that he had him brought to London to be presented to the King. On being questioned by the latter as to what he had done more than any other men, considering that he had lived so much longer than them, Parr replied that he had done penance in a white sheet in Abberbury Church when he was over 100, a statement which was afterwards discovered to be correct. Parr's visit to London had, however, a fatal termination, for so injuriously was he affected by the luxury and excitement attendant upon court life, that in less than two months he died and was buried in Westminster Abbey. With the exception of his eyesight, which he had lost twenty years previously, Parr maintained all his

faculties to the end. On a *post-mortem* examination being made by Harvey, the famous discoverer of the circulation of the blood, it was found that Parr was remarkably free from internal decay, a condition which justified the declaration of the great surgeon that, had the deceased never abandoned the simple fare to which he had been all his life accustomed, he might have lived even a few years longer.

As evidence of the existence in some families of a hereditary tendency to longevity, it may be mentioned that four of Parr's direct descendants lived long beyond the century mark; whilst his son and grandson lived to the respective ages of 113 and 109; his grand-daughter only succeeded in surviving the century by three years. They were all, however, easily eclipsed by his great-grandson who, at the time of his death, was said to be over 124.

Next to Parr, perhaps, the most frequently quoted case of longevity is that of Henry Jenkins, the Yorkshire fisherman. Jenkins is said to have been born in 1501, and to have therefore been 169 at the time of his death in 1670. It is only fair, however, to add that even at that time some doubt seems to have existed as to the reality of Jenkins' alleged age, for in the parish register at Bolton-on-Swale no mention was made of the date of his birth, the cautious clergyman having satisfied himself with the mere observation that he was "a very poor and aged man." Although Jenkins continued to pursue his occupation as a fisherman long after he had attained the rank of a centenarian, he was, towards the end of his career, compelled to rely on charity as a means of subsistence. One of Jenkins' earliest alleged recollections was the Battle of Flodden Field, to which he professed to have been despatched when a boy with a bundle of arrows for fighting purposes. During the latter portion of his life, he frequently appeared before Chancery and other Courts to give evidence concerning events which had long since been forgotten, and on one of these occasions he swore to a memory of over 150 years. A fact in connection with Jenkins' career which is worthy of notice to the student of longevity was the Yorkshire origin, for the slightest investigation will show that, in proportion to its size and population, that county can boast of a larger share in the production of centenarians than any other part of the kingdom.

Another remarkable case which that county claims with pride, and one which has successfully withstood all attempts at criticism, is that of George Kirton, of Oxnop Hall. This gentleman, who in his day acquired a great reputation as a sportsman, regularly followed the chase until he was over 80, and even for many years afterwards continued to take a more or less active interest in outdoor sports. When he eventually died in 1769, he had attained the remarkable age of 125.

By a strange coincidence the death of another Yorkshire centenarian, who was reputed to be even older than Kirton, occurred in the same year. This was William Hughes, of Lancaster, whose age at the time of his death was said to be 127.

A case of longevity which possessed more than the usual personal interest was that of Jonathan Hartop, who died in 1791, at the age of 138. Hartop, who lost his parents during the Plague of 1666, claimed to remember the Great Fire of London. During his career he married five times, his third wife being an illegitimate daughter of Oliver Cromwell. Hartop retained his ability to read and write to the end, and, two years previous to his death, he, on one occasion, walked nine miles to dine with a great-grandchild. Amongst other papers found after his death was an angry letter from Milton, the poet, returning the sum of fifty pounds, which he had borrowed from Hartop, and which the latter, who was aware of Milton's poverty, but whose pride he had evidently underestimated, had hesitated to accept.

A centenarian whose life almost equalled Parr's in its duration was Francis Consit, a native of Burythorpe, near Maldon, who died in 1768, at the age of 150. He led a very temperate

life, and was very fond of exercise, "which," says a writer, "with his occasionally eating a raw new-laid egg, enabled him to attain so extraordinary an age."

A Jamaican centenarian, named Letitia Cox, who died in 1838, and who claimed to well remember the destruction of Port Royal in 1692, was reputed to have reached the astounding age of 160.

But even such cases as these pale before that of Thomas Carn, who, according to the parish register of St. Leonard's, Shoreditch, was born in 1381, and, after outliving twelve English sovereigns, eventually died in 1588, at the seemingly incredible age of 207.

Praise for the Sandow System.

The following letter appears in the current issue of *The Captain*:—

"Dear Old Fag,—This is my first long letter to you, but I have read *The Captain* since early in 1903. I always take great interest in the answers you give to correspondents, although I sometimes cannot agree with you. In the June number you advised some one to disregard physical culture—dumb-bells, etc. I and many friends have benefited greatly by strictly carrying out Sandow's System, and I do not see how a boy can become really strong and healthy without training of this kind. Anyone who, entirely disregarding the necessary development of his muscles and physical bodily training, merely indulges in cricket, football, and other sports, benefits very little by those sports. I was very delicate and frail when I was about ten years of age, and sports did me no good, but I am now strong and fit (thanks to Sandow), and have had no illness of any sort for three years. My height is unusual—I measure 5ft. 9½in. (barefooted), and am only fifteen years old. I grew very rapidly, but am now getting much stronger and broader. Hoping that you are in good health, I am, dear Old Fag, yours very sincerely, 'Mooroolbark' (Melbourne, Australia)."

The Physique of Schoolboys.

The family doctor could not be asked to fulfil a more important function than the systematic observation of nurseries with reference to the growth, general development, and physical condition of the inmates, with a view to the early correction either of bad habits or of the causes which produce them. Among other matters calling for such supervision, a prominent place should be given to food, which, in order to meet the special conditions of the growing period of life, should be much more carefully considered than as a rule it is. Parents can hardly be expected to understand the differences between the requirements of the child and those of the adult; a difference largely of proportion between the different elements of nutrition. Twenty-two per cent. of cases of albuminuria, in boys supposed to be healthy, can scarcely be due to anything else than excessive ingestion of a kind of aliment which is not required for the support of the system, and is carried out as waste or redundant material by the kidneys. Less meat and more oatmeal porridge and boiled milk, would probably prove an effective remedy.—*Family Doctor.*

Mountaineering in Tibet and Nepal.

By I. S. ROBSON.

* * *

"ONCE you have visited the snows of the Himalayas," said an old man of Kumaon to Mr. Savage Landor, "you will visit them again and again until you die." Certainly the terrible experiences through which Mr. Landor passed when on his first journey across the great mountain-chain did not deter him from again facing the biting winds and dangerous glaciers, nor did his capture and torture in Tibet prevent him from planning, two years later, another expedition into that inhospitable country.

It was, indeed, in the hope of recruiting his health, not yet recovered from the effects of those tortures, that Mr. Landor made up his mind to leave London for Tibet. He wished to visit some passes of the Himalayas he had not yet ascended, to do a considerable amount of mountaineering, and to solve some geographical problems which interested him.

As on his first journey, he made Almora, the little hill-station in North-West India, his starting place. There he very quickly got together a party of twenty men and provisions for several months, and, one spring morning, set out for the Tibetan border. He had not been many hours in Almora before he heard that his expedition was regarded with disfavour both by the Indian Government, who feared for his safety, and by the Tibetans, who were coming down in force to the frontier to oppose his entry into their country.

It was not Mr. Landor's habit to pay much heed to intimidating rumours; he crossed the Kali River and entered Nepal, a kingdom closed, like Tibet, to foreigners. The Nepalese had evidently been warned of the approach of the party, and a guard of soldiers hurried down to the frontier. No sooner had the party crossed the boundary than they found themselves in conflict with them, but some show of resistance soon freed them from interference. The Nepalese captain meekly acknowledged that he was powerless to prevent them going on, though he had orders to prevent them, but that he should "follow their movements," which he did at a very respectful distance, until the travellers got high up among the snows and glaciers.

The whole region of Nepal through which they travelled is mountainous, and marching was very heavy, especially for the men who carried loads; very desolate, too, and though at first they came upon a few shepherds tending their flocks, the trail soon took them to altitudes where there was not vegetation enough to support even mountain sheep. The entire Lumpa valley, up which they were climbing, formed part of a gigantic glacier, full of dangerous crevasses and treacherous pits. Magnificent peaks towered on right and left, and one of the most formidable of these Mr. Landor made up his mind to climb. At an altitude of 15,000 feet he made a camp, and selecting a dozen of the strongest of his men, made preparations for the ascent. The night had been snowy, and when he

roused his men at five o'clock in the morning there was a white mist, which made the success of their expedition seem doubtful. No sooner had they started than the mist was exchanged for a fog, which grew every moment thicker, and made progress and crevasses doubly dangerous. They plodded on, however, keeping close together, clambering over waves of ice and struggling against the rolling stone, which drove them back a step in every two. On the left they had precipitous mountains of grey rock, on the right a wide snowfield over which they presently began to climb. All went well until they reached an altitude of 20,000 feet, then some of the men were attacked by mountain sickness and had to be left behind, rolled up in their blankets, in the shelter of the rocks. Out of the twelve only four were fit to continue the climb.

It was at this stage of the journey that the party witnessed a sight which was most impressive, though it gave them some moments of anxiety. It was the starting of an avalanche. Some snow having got loose higher up the mountain began rolling down in little balls, which grew bigger and bigger as they rolled; no larger than ping-pong balls when they started, they gathered snow with such rapidity that, before they had gone a hundred yards, they were as large as a decent-sized building. When two of them clashed together there was a sound as of an explosion, and powdered snow flew up like a cloud of smoke. It was the greatest relief to Mr. Landor when the huge snowballs whizzed past them without sweeping away any of his little band.

At an altitude of 22,000 feet the rest of the men began to suffer terribly from the effect of the rarified air, but they struggled bravely on, "with only an occasional grin at their plight." At last the summit was reached, a peak of 23,490 feet, almost precipitous on one side, just as though one half of the mountain had, at some remote period, collapsed, leaving the sharpened peak standing. The day was beautifully clear on the summit, and though down below there was much mist and clouds, which somewhat took away the beauty of the panorama, a great many high snowy peaks towered above the mist like majestic white islands rising out of the cloud-sea.

The men proceeded to make a cairn, in which Mr. Landor put a paper and a stone, on which he inscribed his own name and those of the men who had climbed with him. It was a feat of which he felt they might all be justifiably proud. They had broken the world's record of mountaineering, going several feet higher than any other climber, and with comparative ease. "Had the peak have been higher I could have still reached it," he says. "Perhaps Nature gave me quite an abnormal constitution for such work; at least people who know me believe so." Mr. Landor himself is willing, however, to allow more to his own methods of dressing, feeding, and working. He does not, whatever the climate, burden himself with more clothing than he would wear on a dull day in London—a serge suit and the lightest of underwear—and he is careful to take constant nourishment throughout a long climb.

It was while the men were erecting the cairn that Mr. Landor had one of those hair-breadth escapes which are frequent in his adventurous life. He had, somewhat recklessly, seated himself on the edge of the peak, his feet swinging over the precipice, whilst he admired the wonderful panorama spread before him. Suddenly one of the men shouted to him that the ice and rock on which he was seated were giving way and, at the same time, seized him firmly by the wrist. Almost before Mr. Landor realised the situation, ice and rock fell crashing into the chasm, 6,500 feet below, and he was left suspended in mid-air. It seemed, for some moments, as though any effort to save him must inevitably end in the man above being dragged down with him, then, with great presence of mind, another man came to the rescue, and the two together managed to haul their leader to a position of safety. Of the courage, faithfulness, and endurance of

these followers of his Mr. Landor always speaks most enthusiastically. Their loyalty to himself was unfaltering, though the work demanded of them was most severe, and the constant strain and bodily suffering they underwent very great. Sometimes they had to climb almost vertical rocks with their loads; often their fatigue was so extreme that they had to lie down and rest every hundred yards; many a time they were half dead with cold and hunger, for they believed it highly detrimental to health to eat when cold, and fuel is so scarce on Tibetan heights that a fire is usually a rare luxury, and cold a chronic condition. Yet they always took matters in the right spirit, laughed heartily at their discomforts, and were as anxious to achieve success as Mr. Landor himself.

There were great rejoicings when the little party returned to the camp with the news of their successful ascent of the Lumpa peak, rejoicings which took the form of an elaborate, though tepid and half-cooked banquet. At such altitudes water boils without being really hot, and cooking, therefore, takes an interminable time, too long altogether for the appetites of men who had spent thirteen hours alternately climbing and tobogganing upon Tibetan glaciers. They made, nevertheless, a merry meal of tepid Bovril, "warmish" chocolate, semi-cooked beef-stew, and tinned plum-pudding, and then "turned in," thoroughly tired out with their day's work.

Next morning they were again on the glacier, for Mr. Landor wished to explore extensively the region of Tinker and the glaciers of Tibet. Tinker itself is a quaint and interesting little village of the Shokas, perched on a height at a little distance from the spot where the two chief sources of the Tinker River join, and gay with hundreds of prayer flags, flying from every roof and attached to shrubs about the doors of the dwellings. The arrival of the party caused the wildest commotion, and from the chief, an old friend of Mr. Landor's, they heard that the Tibetans had been down with the news of their coming, and that in the passes soldiers were polishing their matlocks and making wonderful preparations for barring their progress.

Next morning, however, when Mr. Landor went up to the Tinker Pass, the soldiers had beaten a hasty retreat, and though, throughout his journey, he was constantly hearing of this formidable army of 5,000 men, he was never able to catch it up or fix upon its whereabouts. Now and again a spy, in the disguise of a beggar, came to the tents, but a few threats, and a pretence of force, always got rid of him, and his comrades never took advantage of the information he was able to carry back to them.

We can easily imagine that, as Mr. Landor climbed the mountains which shut in Tibet, his thoughts went back to the terrible days when, wounded, ill, and penniless, he had struggled out of the Forbidden Land. Yet, as he assures us, he did not feel the faintest resentment against the Tibetans at whose hands he had suffered so severely. "He had gone among them with his eyes open." They had given him warning as to what he might expect, and it was a matter for surprise and gratitude that they had spared his life. Though his second journey brought him no such personal suffering, the elements were no kinder than before; storms raged in the passes, snow fell thickly, and one night was spent in wandering among rocks and stumbling into drifts in a vain effort to find the camping place of Dongan. At Kuti, perhaps the highest village in the world, they arrived in the middle of the night, and there Mr. Landor found another old friend, "the strongest-willed, noblest-minded, pluckiest and sweetest little lady I ever met," he says, a Kutial-Shoka, named Nattali, a lady of wealth for a Shoka, her husband being one of the big traders of the district and owning the finest house in Kuti. Nattali would not hear of the party remaining under canvas, and insisted on evacuating her own house that they might occupy it whilst she spent the rest of the night in preparing dainties for their benefit. It soon transpired, however, that there were Tibetan emissaries hiding in the village,

who speedily set to work to stir up the villagers against the traveller. They succeeded so well that at one time it seemed as though a general battle was imminent; stones began to fly, a crowd gathered round the foreigner, and it might have fared ill with him if the valiant Nattali had not appeared at his side armed with a huge stick, which she used to such good purpose that there was a lull in the hostilities. She rated her countrymen soundly, and defended Mr. Landor with such good effect that several agreed to enter his service, and proved hard-working and faithful.

It was getting towards the end of September when the expedition, having explored the region of the Kuti River and crossed the great Lebung Pass, descended to the valley of Darma. This valley was of interest to Mr. Landor, as it is one of the minor routes into Tibet, and one by which the Darma-Shokas carry on their trade with their neighbours over the frontier. The weather was growing colder and more stormy every day, and it was a great temptation to turn towards the south, where warmth and comparative comfort might be found. Mr. Landor felt, however, that he had not yet accomplished all the work he came to do, and though the weather was far from favourable, he planned an ascent to the Nui Pass. As his men were suffering greatly from fatigue and frostbite, he determined to ask for only two volunteers, and to leave the rest to find fuel and rest themselves.

The three started off one morning, but, at the Nui encamping-ground—the last camp before traders, returning to Tibet, attempt the high pass—he found it best to leave his two men and proceed alone. It was no easy task he undertook, to climb the steep mountain alone, carrying his cameras and the instruments necessary for making observations and measurements in the pass, nor was he prepared for the adventure which awaited him. About a mile and a half from the spot at which he had left his men he came upon a Tibetan soldier comfortably seated upon a pile of coats. In answer to Mr. Landor's astonished greeting, the man explained that he was returning to Tibet, but the friends with whom he was travelling had gone forward on the previous day. Yet as he spoke his eyes, wandering to the rocks behind Mr. Landor, revealed the truth. The Tibetans had laid a snare into which the explorer had fallen unawares. Looking round he saw three other Tibetans crawling from behind the rocks; in a moment he was on the defensive, using the butt of his rifle vigorously and to such good effect that the four ran off in the greatest alarm. After taking a little rest, he continued his way, and was rewarded for all his pains by what he describes as one of the most impressive sights his eyes ever rested on; "no brush could satisfactorily paint the immensity of the white mountains towering above, the great terraces of clear green ice, the gigantic crevasses down which one almost feared to look," he says. "I went on and on, like a lonely little ant upon the endless white carpet, and higher and higher I gradually rose upon the mountain side towards the Nui Pass."

"There is no doubt it is well worth going up any high mountain for the sake of the relief and satisfaction one experiences on coming down, and never did I feel this more than on this occasion." The way up was rough, the cameras and instruments were so constantly in the way that he would have given much to have tossed them aside, but the descent was far worse. He started, numb with cold and in an anxiety about his men which made him push on with more haste than prudence. On the rolling debris he slipped, and wrenched his foot so badly that he feared it was fractured. The pain was excruciating, and further progress seemed for the time impossible. Yet a night in the pass was not to be thought of, and, limping badly, he at last managed to reach the spot where he had left his men. They were nowhere to be seen. He shouted until he was hoarse, but received no reply. Had they been murdered by the Tibetans whom he had encountered, or had they deserted him? A little search discovered them, wrapped in their blankets, sleeping in the shelter of a huge boulder at some

little distance. They had given him up for lost, and were waiting for morning to go up and search for him on the glacier.

From Nui the route followed the Dholi River, often boxed in between high vertical cliffs of grey rock, along which the path is constructed on crowbars, and looks dangerous enough. Three or four picturesque little Shoka hamlets nestle down by the river, hamlets which are only inhabited in the summer, for the Shokas go farther south when the cold weather begins. Dotting the hillsides, and about the dwellings, there are numbers of sheds, in which the people store the clothing, furniture, and stores which they do not require during the summer months. To the travellers, who had been so long among barren, desolate landscapes of snow and ice, it was delightful to come on these signs of life, and to rest their eyes upon the delicious green of the tree-clad mountains and the silver riband of the river flowing through the valley. Adventures were now at an end, and every member of the little party was eager to get back to Almora.

Yet, reviewing the journey, Mr. Landor felt that whilst it had been more than ordinarily arduous, its geographical results had repaid all effort and hardship, and surely the highest reward of the true-born traveller is to feel that he has added something to the world's knowledge, achieved something which no man before him has ever attempted.

. . Feeding the Children. . .

Sir John Gorst's Programme.

A practical programme of reform on the vitally important question of feeding starving school children was sketched by Sir John Gorst at a crowded meeting of men at the hall of the Leysian Mission, in the City Road, on October 9.

A little more than a year had passed, he said, since the Committee on Physical Deterioration made its report. He could conceive of no public question of more vital importance, but the Government Departments repudiated responsibility.

The school authorities, he urged, should be empowered to enquire whether the children were, or were not, in a fit state of health to receive education; the Board of Education had the power to make this regulation, and they could add it to the Code; it was done in Germany, where the children were medically examined. The children had a right to be properly fed and clothed. The duty was that of the parent, but it was the duty of the State to see that the parent did it, and if the parent could not the State should. It was good economy to ascertain the condition of the child and treat illness in the early stages.

They should repudiate the doctrine that it was not the duty of the Government to see that the children were fed and clothed. He did not say it was the duty of the State itself to feed and clothe. The great causes of unfitness were improper and insufficient nutrition, and the fatigue of children who had worked in the early morning. Sir John went on to say that parental responsibility should be enforced. School authorities, he continued, might do much good work in organising school meals, paid for by parents who could afford it, and aided by grants from public funds for those children who could not afford it. If the people were in earnest that there should be reform it would speedily be carried out.

Some Notable Sword Feats.

* * *

TO the onlooker there is perhaps no exhibition of skill which creates the same interest as feats with the sword. In addition to wonder at the coolness, dexterity, and sureness of hand and eye displayed, there is always a curious and delightful feeling of apprehension lest something should go wrong and the swordsman come to grief. In witnessing, for instance, the dividing of a stick placed on two full goblets of water, standing on pedestals, without spilling a single drop of the liquid, one cannot help wondering—even if the feat has been seen before—whether the stroke may not fall the fraction of an inch from the centre of the stick, and so cause a failure. In such feats, too, as the severing of an orange held on the naked palm of the hand, or the cutting of a lemon under the bare heel, there is the fear that the performer may bring his weapon a shade too close to the flesh of his assistant, and cause a terrible accident. So strong is this feeling in many people, ladies in particular, that, at such feats, they turn their heads away, unable to watch the delivery of the stroke, in spite of any assurance of the unlikelihood of any such accident taking place; or, of the many times the swordsman has performed the feat without any such mishap.

Such feats, of course, require the very utmost carefulness and sureness of hand and eye, as well as the most perfect command of the muscles and steadiness of nerve, which can only be acquired by long practice and temperance, superadded to natural gifts. In the case of Sergeant Foerster—one of the most expert swordsmen living, who was unfortunate enough to lose the sight of one eye while judging a competition at the Agricultural Hall some years ago—wonder at his skill is great, but there are few tricks with the sword which Foerster, despite his misfortune, would be unable to accomplish.

In all countries where the sword has been used, and in all times, skill with the weapon has commanded respect, and when one considers the vital importance that of necessity was attached to the dexterous use of the weapon, this is scarcely to be wondered at. In the days of chivalry, actual dexterity in handling the sword was not perhaps of as great importance as sheer strength of arm in striking a downright blow. The swords were long and heavy, and scarcely as well adapted for quick and skilful handling as were the lighter rapiers and small sword of later periods, and the arm that could deliver the strongest blow was most to be feared.

It was necessary to strike hard in those days to make any impression on the armour worn, and the wonder is that combatants were able to fight for any length of time, considering the weight of the armour and the weapons.

With the huge two-handed swords, used in the middle ages, and particularly by the Swiss, and which were so long as to necessitate hanging over the shoulders, tremendous blows could be struck, and, in spite of the armour, we heard of men being cloven from shoulder to waistbelt, and heads split to the chin.

Is it Stow or Troissart who tells us of the "Fearless de Courcey," Lord of Ulster, who was renowned for his mighty strength of arm, and the tremendous blows he could strike? On one occasion this valiant knight, in the presence of the King, Henry II, placed his steel helmet on a wooden block and, with one mighty blow, clove the helmet asunder, and sunk the sword so deeply in the

wooden block, but no man but himself, of all those standing around, could pull it out again.

Readers of Conan Doyle's fascinating romance will recall the trial of strength between Micah Clarke and the German soldier of fortune. After a preliminary testing of the strength of their respective grips, in which the Brandenburger comes off second best, the soldier takes his well-worn steel cap on an oaken settle, and delivers a blow at it with all his strength, scoring a long, deep groove in the solid metal. Then Micah Clarke, after stating his father's opinion that a blow should be made as much with the back as with the arm, makes his stroke; the helmet is not only cloven fairly in twain, but the sword shears clean through the four-inch thick seat of the solid oak settle, and sinks into the floor. 'Tis a mighty stroke, and the reader wonders, regretfully, how strong a blow *he* could strike, and sighs enviously, wishing for the thews and sinews of the gigantic Puritan.

Scott was fond of a good swordsman, and his pages tell of some mighty sword strokes. How terrible a blow is that dealt by de Vaux in the "Bridal of Trierman," when the adventurous soldier faces the enraged tigers.

"The right hand monster in mid air
He struck so fiercely and so fair
Through gullet and through spinal bone,
The trenchant blade had sheerly gone."

A feat almost equal to that performed by the celebrated Scanderbeg.

The Teutonic and Scandinavian warriors were particularly renowned for the terrible blows they dealt, and long have the mighty strokes of these heroes remained in the memories of the people, and even now are not forgotten. Do not the people of to-day tell stories of Sigurd and the terrible blows of his renowned sword Gram, with which he cut in halves the iron anvil on which he had reforged it? What Norseman forgets Hakon the Good and the sword Quernbiter, given him by Athelstan, grandson of Alfred the Great, with which he cut through a millstone down to the centre eye?

With the introduction of gunpowder —that "cursed powder"—heavy armour fell into disuse, and the long broad-sword was abandoned for the cut-and-thrust sword or the rapier. Then we hear no more of those mighty blows, but the skill and dexterity of the swordsman increased until the long, thin rapier in the hands of a master became more deadly than ever was the five-and-a-half feet double-handed sword in the hands of a giant. The French were particularly skilful in the use of the rapier, and proficiency in its use was an essential part of a gentleman's education. What reader of the "Three Musketeers"—and who has not read and enjoyed this masterpiece or romance?—can forget the combats in which the three comrades and the invincible D'Artagnan are for ever engaged together or separately?

The Italians were, if anything, the superiors of the French in the use of the rapier, although the Italian champion who came over to England in the time of James I to see if there were any man in England capable of standing against him, none until then having done so, was completely worsted by Farquharson of Invercauld, who came all the way from the Braes of Man for the pleasure of meeting him. Farquharson, it should be noted, was armed with his claymore against the Italian's rapier.

There seems, by the way, to have been very little foundation for the challenges so generously thrown out by Italians about this time, another champion who boasted he had overthrown the strongest men in Europe being defeated not long afterwards in a wrestling match, curiously enough, again by a Scotchman, Neal McAra, of the Campbell clan.

A favourite feat of skill in these days consisted in catching on the point of the rapier an ordinary finger ring tossed in the air—an extremely difficult feat, as one can well imagine, and one to be accomplished only by the few.

Undoubtedly for dexterity with the sword, there were, nor are there any, to surpass the native jugglers of India and Arabia, although both the Chinese and Japanese are remarkably skilful. There have been many Europeans—notably,

Professor Harrison—who have performed all the sword feats commonly performed in the East. Almost all the native Indian tribes are noted for their proficiency in the use of the sword. The severity of the blows inflicted in actual combat is generally much greater than is found to be the case with European swordsmen, the reasons being the extremely fine edge invariably kept on the weapons, and the peculiar oblique drawing motion made in delivering a blow, and which seems to be peculiar to Eastern swordsmen. Such entries in the doctor's reports as "head cut off," "leg cut off above knee," "arm severed at shoulder," were common, and Captain Nolan, in his well-known work, draws particular attention to this.

A feat on which the Indian jugglers pride themselves very much is the slicing of a long thin object, such as a young soft tree, by a series of horizontal cuts without disturbing the equilibrium of the object. Beginning at the top, about as high up as can be conveniently reached, the tree is gradually cut into slices—the thinner the slices, the more dexterous the performance—as low as is practicable, and then, on being shaken, falls to pieces. Sometimes the performance is varied by the slicing being commenced from the bottom.

All who have read the "Talisman" will remember Saladin's famous feat of cutting in halves a length of silk as it floated in the air. This, and the similar feats of dividing a down cushion thrown up in the air, or a handkerchief or ribbon placed on the edge of the sword, have frequently been performed in England, and require extreme keenness of edge and great quickness to perform.

The cutting through of a solid, triangular bar of lead with one blow is a feat that always receives loud applause, and to the uninitiated appears simply wonderful. This feat, as well as the cutting in halves of a dead sheep with one stroke of the sword, really requires far less strength than is generally imagined. Good as such feats are, they pale into insignificance before those of the famous Scanderbeg—the sword and buckler of the Christians, as the Sultan of Turkey called him. One day, two relations of a particular enemy of his were captured, and brought before him bound back to back, and with one mighty blow of his scimitar the immortal Albanian chief cut the two unfortunates in halves. This is a rather large order, but then Scanderbeg was a man renowned for his gigantic strength and skill in using the sword. It is related of him that he frequently cut in twain men encased from head to foot in armour, while his skill in slicing off a head with one stroke has passed into a proverb. On another occasion it is stated that he struck off with a single blow the head of a savage bull which attacked him. No wonder that the Sultan Mahommed II. thought there must be some magical power in the sword which performed these feats, and asked the terrible chief to give it him. But when he had it, and found that the strongest of his warriors could do nothing extraordinary with it, he sent it back, saying he had many as good or better himself. Scanderbeg took back the sword, sending in return the significant message, "Tell your master that although I sent him my sword, I did not send him my arm."

The cutting of an orange under the bare heel, or the lemon on the palm of the hand, require in the assistant some nerve and perfect confidence in the ability of the swordsman. Under such favourable conditions there is absolutely no fear of an accident taking place. The great secret of the latter feat is making a perfectly straight cut, without the slightest drawing motion. The former feat is more difficult, and is not very frequently performed.

It is impossible, of course, to give any directions for the satisfactory performance of sword feats of any kind, as even for the simplest a tremendous amount of practice is necessary, not forgetting a suitable weapon.

An extremely interesting feat is that known as Omar Pasha's feat, owing to its first performance being attributed to that gentleman. It consists in cutting in two pieces an apple suspended in a silk handkerchief, without in any way damaging the silk. It seems scarcely possible

that so light and delicate a fabric should be uninjured in performing the feat. The silk is actually carried through the apple on the edge of the sword, and not the slightest drawing movement must be made, or the silk will inevitably be cut.

A trick at which Sergeant Foerster was extremely skilful was the severing in halves of an orange suspended in the air. Very interesting was it to watch, the string being first cut, and then, as the orange dropped, the keen sword, by a lightning-like circular movement, came down, and the orange reached the floor in two pieces. Careful timing and judgment of distance are necessary for this feat. Very pretty, too, was it to see Foerster divide a long ribbon thrown into the air, and then, as the cut pieces floated down, to again sever them before they reached the ground.

Perhaps the most fantastic among the many sword tricks that Indian jugglers perform, and one that is certainly calculated to make cold chills run down the spectator's back, is the cutting of a clove on the nose of a brother performer. The man lies down, face upwards, and the clove is stood upright on his nose; then the swordsman, making several flourishes in the air, brings down his weapon with the most marvellous precision, cutting the clove in halves perpendicularly without leaving a mark on his assistant. When one considers what an extremely small point the thin end of a clove presents, one can scarcely realise that it is possible for a man to acquire sufficient skilfulness to bring off the feat successfully. It is not commonly seen, and only the most expert performers attempt it.

It has been frequently asked of what practical utility is this extreme dexterity, and it is urged that in actual combat conditions are so different as to render such superlative skill comparatively valueless. Well, I am acquainted with no sport in which extreme skill is useless, and for my own part should feel far less inclined to stand up against a man who possessed the skill to perform the before-mentioned feats, than against one who was unable to do so.

It is true the system of sword play now taught to soldiers is one which disregards all the niceties of fine and delicate play, and seeks only to disable an opponent, but it is a well-known fact that those men who are able to perform these sword feats have never been at any disadvantage—to put it in mild terms—when taking part in contests under fighting rules.

There is a story told of an officer—a slight, wiry man—who was most expert with his sword, and whose feats of cutting bars of lead and carcases of sheep were on one occasion greatly pooh-poohed by a dandified Frenchman, who ridiculed the idea that such skill would be of avail in actual fighting. Looking pointedly at the lower button of the Frenchman's waistcoat, the officer offered to cut in two with one blow any number of small-waisted men who liked to stand up before him. Perfectly sure it is that in acquiring his skill, the officer lost nothing of the practical use of his weapon, as he proved to the lasting recollection of the rebel native tribes against whom he fought while serving with a noted light cavalry regiment in India, by whom the terrible blows he used to deal are remembered to this day.

The Power of Muscle.

Muscle means morality. So says the inspector of reformatory and industrial schools. The earliest glimmer of reformation in the inmate of these institutions is detected when he has developed a feeling of self-respect, and that feeling is most easily aroused by inducing a boy to take pride in his physical development. There is much sense in the observation. Some theorists have gone so far as to agree that even genius is only the outcome of physical health. That is perhaps a wild rush to absurd conclusions. What is certain is that the schoolmaster who recognises the importance of keeping his boys healthy in body stands the best chance of cultivating their minds and spirits. *Evening Standard.*

—— Sporting Notes. ——

* * *

Wrestling.

A match in the catch-as-catch-can style (the best of three falls) between Ahmed Madrali and Mr. Cochrane's "Unknown," who turned out to be Gus Rennert, for £25 aside and a purse of £75, took place at the Brighton Hippodrome on October 12. Madrali gained the first fall in 16 min. 14 sec., and the second in 8 min. 47 sec., thus winning the match.

* * *

A match between Munro and Jenkins for £200, to a finish, the best of three falls, in catch-as-catch-can style, took place in the Palace Theatre, Glasgow, on Saturday, October 14, the contestants being Alex. Munro, Govan, and Tom Jenkins, the American champion. For the first five minutes the Scot did most of the aggressive work, Jenkins acting almost entirely on the defensive. The tactics of the American did not appear to meet with the approval of the audience, which was a large one. He, however, usually displayed much agility in escaping from difficult positions. At last Monro got his man in a grip he could not escape from, and the Scot gained the first fall in 17 min. 39 sec. After an interval the men got on the mat again, and Monro displayed the same tactics and never gave his opponent a rest. Jenkins made the most of a losing fight, and after several attempts Monro again had his man on the carpet, and putting him fair and square on his back, won the second fall in 10 min. 52 sec., and also the match. Jenkins expressed himself satisfied that Monro was the better man. Some of the company asked Monro "What about Hackenschmidt?" To which the Scot retorted, "Hackenschmidt's time is coming."

Boxing.

A very satisfactory state of affairs was revealed at the annual meeting of the Cestus B.C., held on October 12, at the Athenæum, New Road, Camberwell. Mr. G. Osborne, a vice-president, was voted to the chair, and all the chief officers of the club were present. Mr. F. G. Edmunds, hon. secretary and treasurer, presented the financial statement, which showed that the annual competitions produced a profit of £4 4s. 2d., and altogether there was a balance in hand of £52 11s. 6d. The statement was adopted.

The Cestus is very well served in the matter of officers, nearly all of whom were re-elected as follows: Messrs. H. D. Thatcher (president), F. Esden, W. Booth, G. T. Dunning, G. Reddish, G. Sharman, C. Martin, G. Sykes, C. Hazlewood, W. Collings, P. Addington, G. Osborne, J. Schlarb, and A. Harmer (vice-presidents), P. A. Jones (captain), F. G. King (vice-captain), E. J. Barnett, F. Stubington, H. Young, B. Adams, R. Evans, G. Cordrey, J. Snarey, H. A. Thorncroft, R. T. Burrows, and F. Clark (committee), F. G. Edmunds (hon. secretary), P. A. Jones (assistant hon.

secretary), F. G. Edmunds and P. A. Jones (hon. treasurers).

F. G. Edmunds, P. A. Jones, and F. Stubington were appointed as delegates to the Amateur Boxing Association.

The practice night was again fixed for Tuesday each week at the South London Club, Boyson Road, Camberwell Road. A good muster is anticipated for the opening night. Bill Whatley will again act as instructor. It was decided to have a club badge bearing a cestus upon it. A vote of thanks to the chairman concluded the business.

* * *

Four weights—heavy, middle, light and feather—open to the Army (Northern Command) will be decided at the Riding School, Cavalry Barracks, York, on Tuesday and Wednesday, November 14 and 15. Entries closed on Oct. 22. The competitions will be held under National Sporting Club rules. Contests will also be fought by Pte. Casling and Charley Foster (Leeds) and Sergt. Brindley and Jim Galpin (York).

Bowling.

Mr. J. C. Maddison, president of the New Zealand B.A., states in the course of an interesting communication, "We are going to have an International exhibition here in 1906, opening in November of that year. It will be a big affair for the Colonies, and there will be large bowling tournaments during the time it remains open. We have just formed another large bowling, tennis, and croquet club. The ground, about four acres in extent, is situated in Hagley Park, close to where the exhibition buildings are intended to be erected. I expect that the tournament will be the largest ever held in the Colonies, and there are sure to be bowlers from Australia, and if we could only have some from the Mother Country it would indeed be an International bowling tournament. It would be greatly esteemed by us if you could induce some of your bowlers to come here and take part in the various events. Not only would the visit be most enjoyable to them, but it would afford us great pleasure to welcome them." Mr. Maddison's letter comes at an opportune time, for endeavours are about to be made to ascertain what prospects there may be of a team being got together, if but a small one, to take part in the tourneys at the New Zealand Exhibition, and also to make a return visit to that paid by the Australian and New Zealand teams in 1901.

* * *

Dr. Walter Thomas, hon. sec. of Mr. Maddison's club, who has just concluded a visit to England, stated before leaving that though the question of expense was certainly a rather big factor in relation to a trip to New Zealand, yet any sportsmen from this country attending the exhibition fêtes would find special facilities in the way of travel, by which the outlay would be considerably more reasonable than otherwise. The doctor stated that though, as a member of the Exhibition Sports Committee, he had not been able to make very much progress with his mission here, yet he felt, that by a generous Press support, and a consideration of the varied charms of New Zealand, the forthcoming great show in Hagley Park would be well patronised by the sporting fraternity of the Motherland.

Miscellaneous.

On September 31 E. H. Grimsdell, of the North Road Club, beat G. A. Olley's Edinburgh-to-London record by accomplishing the journey of 383 miles in 26 hours 10 minutes. On October 13, Robert Shirley, of the Polytechnic Cycling Club, improved on Grimsdell's performance to a remarkable degree, by completing the journey on which he had started on the previous Friday in 23 hours 38 minutes, or 2 hours 32 minutes faster than the previous best. Shirley lost about 20 minutes by puncture troubles on the way.

And Editorial Chat.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

G. Walshaw.—So far as can be judged from the photos and the few measurements you send, you appear to have been making good use of your time. As regards giving an opinion as to whether your development is good enough for you to enter the Competition, remains with you and the judges; but why not try?

A. Turner (Southsea).—Do not, under any circumstances, attempt too much at starting. Commence with about twenty minutes per day and gradually increase to thirty or forty minutes, as your strength becomes greater. You must take each step of the ladder, which may be a long one, but do not be discouraged. You should not allow your infirmity to prevent you going out as much as possible.

H. Webb (Aldershot).—Thanks for letter; which shall receive attention at the earliest possible moment.

J. Stothard (Newcastle).—Glad to receive particulars, which appear this week. Shall be pleased to receive accounts of your progress. The society has my heartiest good wishes.

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This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application:—

Applications for Patents October 2nd-7th, 1905:—

19883. W. C. Mitchell, London. Device for applying india-rubber covers to the handles of cricket bats and the like.
19893. J. Tambour, London. Small arms. (Complete Specification.)
19951. H. De Montfort Wellborne and A. E. Hall, London. Bats for use in games in conjunction with balls, nets and the like.
20151. S. H. Beard, Paignton. Racquet or bat for playing racquets, tennis, lawn tennis and the like.
20239. J. Tambour, London. Safety devices for small arms. (Complete Specification.)
20242. J. C. A. Thiverey, London. Automatic apparatus for facilitating fencing. (Complete Specification.)

Specifications published October 12th, 1905:—

25146 of 1904. J. R. Brown, Montrose. Golf clubs and the like.
20831 of 1904. R. F. and C. A. Hutchison, Prestwich. Golf balls.
1096 of 1905. S. Allcock and Co., Ltd., and A. Williams, Redditch. Artificial fishing bait.
3221 of 1905. J. C. Crowley, London. Device for practising golf putting.
4061 of 1905. E. Windett, Bolton, Lancs. Portable cricket-crease marker.
10863 of 1905. J. B. Millet, Boston, U.S.A. Golf clubs. Antedated.
15632 of 1905. C. L. Porter, London. Golf balls and the like and their manufacture.

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon providing it was sent during the month for which it is available.

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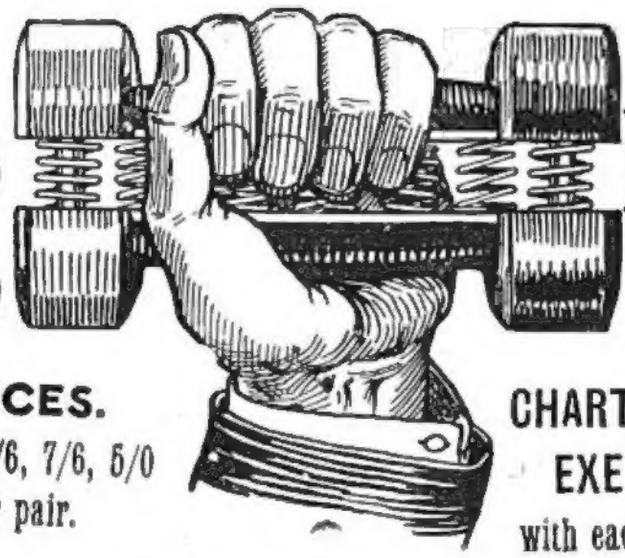

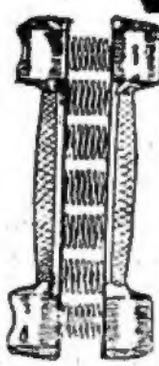

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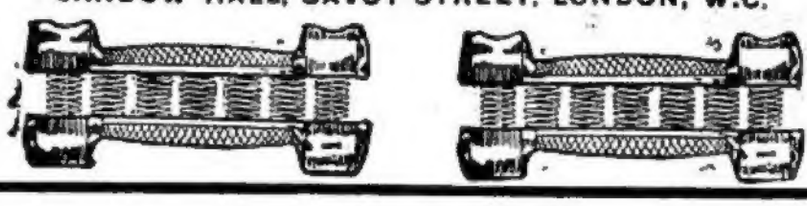

AMUSEMENTS.

THEATRES.

ADELPHI—At 8.30, "Dr Wake's Patient." Mat. Wed. and Sat. at 2.30.

CAMDEN—At 7-45, "The Taming of the Shrew." Mat. Sat. at 2-30.

CORONET—At 8, "The Freedom of Suzanne." Mat. Sat. at 2-30.

COMEDY.—At 8.20, "A Man of the World," 9-0, "On the Quiet." Mat. Sat. at 3.

COURT—At 8-15, "Man and Superman." Mat. Tues. and Friday at 2-30.

CRITERION—At 8.30, "The White Chrysanthemum." Mat. Wed. and Sat. at 2-30.

DALY'S—At 8.15, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—At 8, "The Prodigal Son." Mat. Wed. and Sat. at 2.

DUKE OF YORK'S—At 8-0, "Sherlock Holmes." Mat. Thursday at 2-0.

GAIETY.—At 8, "The Spring Chicken." Mat. Sat. at 2.

GARRICK—At 8-0, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Merchant of Venice." Mat. Wed. and Sat. at 2-0.

GRAND—At 7-45, "Between Two Women." Mat. Thursday at 2.30.

HAYMARKET—At 8.30, "A Privy Council;" at 9.10 "On the Love Path." Mat. Wed. and Sat. at 2.30.

HIS MAJESTY'S—At 8.0, "Oliver Twist." Mat. Wed. and Sat. at 2-15.

IMPERIAL—At 8-30, "The Perfect Lover." Mat. Wed. and Sat. at 2.30.

LYRIC—At 8.15, "The Blue Moon." Mat. Wed. at 2.15.

MARLBOROUGH—At 7-45, "Lady Madcap." Mat. Thurs. at 2.30.

NEW—At 8.30, "Leah Kleschna." Mat. Wed. and Sat. at 2-30

PRINCE OF WALES'—At 8-15, "Lady Madcap." Mat. Wed. at 2-15.

SAVOY—At 8-50, "What the Butler Saw." Mat. Wed. and Sat. at 2-30.

SCALA—At 8-15, "Carrots," at 9-0, "For the Crown." Mat. Sat. at 2-15.

SHAFTESBURY—At 8-30, "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

ST. JAMES'S—At 8.30. Mr. and Mrs. Kendal in "The Housekeeper." Mat. Sat. at 2.30.

TERRY'S—At 8-45, "The Duffer." Mat. Wed. and Sat. at 2-30.

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